

It takes **time**  
**to talk** about  
**Alzheimer's** disease.



**We** have the  
**time.**

alzheimer's  association®

the compassion to care, the leadership to conquer®

# When you can't be there, **We're here.**

## **We're here to help you help patients and caregivers**

Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.

## **A trusted partner for your patients with Alzheimer's disease**

We are a trusted resource for reliable information, education, referrals, and support. We help the millions of people affected by the disease to:

- Learn about Alzheimer's disease
- Get information, education, and support
- Stay safe in and away from home
- Gain access to ongoing clinical trials

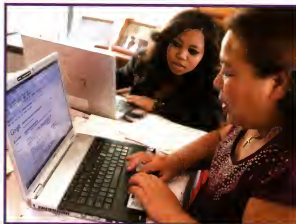


## Available anytime, live or online

24/7 Helpline (800.272.3900) — free support anytime patients or caregivers need it

Chapters in communities across the country — offering support groups, educational workshops, and more

alz.org — easy access to comprehensive online resources and information nationwide



## Help at any stage of the disease

### Early

- Patients often present with memory concerns, deterioration of executive function, mood swings, and reluctance to engage

### We help

- Provide education, advance planning, and social engagement resources for both patients living in the early stage and their families/caregivers

### Middle

- Patients often need help with everyday activities, exhibit agitation/sleep disturbances, lose the ability to drive, and are at risk of unsafe wandering

### We help

- Provide caregivers with education, support, and linkage to community services that align with increased patient needs

### Late

- As patients approach the end of life, caregiver burden and management of care transitions are ongoing issues

### We help

- Focus on caregiver needs and the needs of terminally ill patients with Alzheimer's in planning and preparing for late-stage care

We have more than 30 years of experience in helping patients and caregivers. We are here to help 24/7, 365 days a year.

# We're here 24/7.

## 800.272.3900

### Our caring, trained professionals have time to talk

- A free service for people with memory loss, caregivers, health care professionals, and the public for both information and emotional support
- An experienced staff knowledgeable about dementia and Alzheimer's, treatment options, and general information about aging and brain health
- Master's-level care consultants available to provide help with decision-making support, crisis assistance, and education on issues families face every day
- Help with finding resources for care and making legal, financial, and living-arrangement decisions
- Available 24 hours a day, 7 days a week, 365 days a year
- Assist more than 20,000 callers each month, with calls ranging from 5 to 45 minutes
- Free translation services for more than 170 languages and dialects
- Referrals to local community programs, services, and ongoing support

### 24/7 Helpline call snapshot

**Caller:** Bob, husband of Arlene. Arlene is 72 and living in the early stage of Alzheimer's disease.

**Reason for call:** Arlene often refuses to get out of bed in the morning

#### Care consultant:

- Validated Bob's concerns
  - Assured him that this was likely related to Alzheimer's disease
- Offered tips for communication
  - Suggested using declarative sentences, such as, "Let's get ready for breakfast," as opposed to, "Do you want to get up?"
- Empathized with Bob's changing role from husband to caregiver
  - Allowed Bob to express freely his difficulties in coping with his wife's ever-changing needs due to disease progression
- Ended call
  - Helped Bob feel better prepared to care for Arlene

**Call length:** Approximately 32 minutes

The 24/7 Helpline is supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services.



## Support and advice on critical aspects of care

- Disease education
- Information on programs available through local chapters
- Help with financial, legal, housing, and care decisions
- Crisis assistance
- All medical calls directed back to the physician



## What patients and caregivers want to know

### *Newly diagnosed or early-stage patients with Alzheimer's disease or related dementia*

1. Is there anything I can do to prevent this from getting any worse?
2. How fast will this progress? What will happen next?
3. How do I tell people about this — or should I even tell people?
4. How often should I see the doctor?

### *Caregivers*

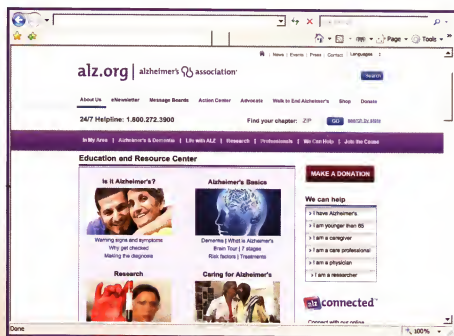
1. When is the best time to consider transitioning my family member (e.g., husband, wife, mother, father) to a care facility? Or to add in-home services?
2. How can I help with activities of daily living (ADLs), such as eating, using the toilet, and maintaining good hygiene?
3. How do I get my family member to visit the doctor for regular appointments or to even be examined for symptoms of dementia?



# We're online. alz.org

## Instant access to the information they need

It takes time to talk to patients about Alzheimer's disease. At alz.org, patients and their caregivers can learn about the disease and get tips for living with Alzheimer's, the latest news and advances in Alzheimer's treatments, care and research, and more, all at their own pace.



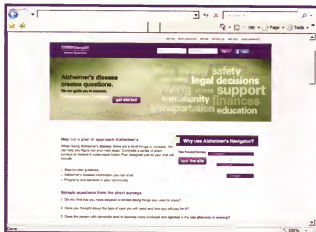
## What you'll find on alz.org

- Patient and caregiver tools and resources
- Free online videos and educational programs
- Facts and figures about Alzheimer's disease
- Clinical trials and scientific advancements
- Where to find our local chapters/programs
- And much more



# Alzheimer's Association Online Tools

## Alzheimer's Navigator™



Alzheimer's Navigator ([alz.org/alzheimersnavigator](http://alz.org/alzheimersnavigator)) helps people with dementia and all those who participate in providing care and in making care-related decisions evaluate their needs, execute action steps, and connect with local programs and services.

## ALZConnected®



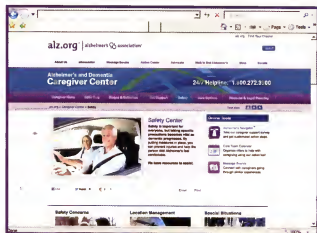
At times, patients and caregivers may feel like they are dealing with Alzheimer's alone. ALZConnected.org is a diverse online community that lets people with Alzheimer's, their caregivers, and others affected by the disease connect with their peers by sharing questions, opinions, and support.

## Alzheimer's and Dementia Caregiver Center



Because caring for someone with Alzheimer's can be overwhelming, we offer resources and support to help at any stage. Our Alzheimer's and Dementia Caregiver Center ([alz.org/care](http://alz.org/care)) features continually updated information to help caregivers find the information, resources and support they need.

## Dementia and Driving Resource Center



A person living with Alzheimer's will eventually become unable to drive. The Dementia and Driving Resource Center ([alz.org/driving](http://alz.org/driving)) provides videos and tips on how to discuss dementia and driving. This resource is part of our comprehensive Safety Center, which also provides information, tips and resources to help with safety inside and outside of the home, and wandering and getting lost.

# We're all over the country.

## Local resources for in-person support

Our national offices in Chicago and Washington, D.C., work in conjunction with chapters across the country. Your patients and caregivers can often get the resources they need and the personal touch they want right in their community.

## Local programs include

- Early-, middle-, and late-stage support programs
- Educational workshops concerning the 10 warning signs, the basics of Alzheimer's, and legal and financial issues
- Living with Alzheimer's series: programs for patients and/or caregivers that address early-, middle-, and late-stage coping and caring topics
- Personal care consultations
- Ways to get involved in the community, including Walk to End Alzheimer's®, advocacy efforts, and much more

## Alzheimer's Association staff and programs are in communities nationwide





# We're connected to research.

## Connect your patients with a clinical trial in their area

Alzheimer's Association TrialMatch® helps connect patients and healthy volunteers with ongoing clinical trials. Recruiting and retaining trial participants is now the greatest obstacle, other than funding, to developing the next generation of Alzheimer's treatments. Participation in clinical studies provides an opportunity to advance and accelerate medical research, contribute to the better health of future generations, and hopefully, lead to a future without Alzheimer's.

### TrialMatch offers:

- Free matching to clinical trials based on
  - Diagnosis
  - Stage of the disease
  - Location
- Access to more than 130 research studies that are currently underway at nearly 500 trial sites across the country

TrialMatch trial listings come from publicly available sources, such as [clinicaltrials.gov](http://clinicaltrials.gov) from the National Institutes of Health, as well as from research universities/organizations involved in nonpharmacologic studies (e.g., caregiver stress trials and evaluation of psychosocial needs).



**trialmatch®**

POWERED BY *EmergingMed*

[alz.org/trialmatch](http://alz.org/trialmatch)

800.272.3900 toll-free

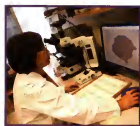
7 a.m. – 8:30 p.m. CST, Monday – Friday

alzheimer's  association®

# We're informed.

## Stay up-to-date with the latest in Alzheimer's research and care

Count on us to keep you informed of the latest developments in Alzheimer's disease to help you talk to your patients about their diagnosis and important issues, and to provide educational materials your patients can appreciate.



### Professional resources

- Alzheimer's Association International Conference®
- Diagnostic criteria and guidelines for Alzheimer's disease
- *Alzheimer's & Dementia®: The Journal of the Alzheimer's Association*
- Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART)
- Green-Field Library
- E-newsletters



### Print resources for your patients and caregivers

- 24/7 Helpline magnets and postcards
- Disease and support informational brochures
- Resource postcards (TrialMatch®, driving)
- Tip cards/bookmarks (Know the 10 Signs)
- Topic sheets (bathing, dressing, wandering)



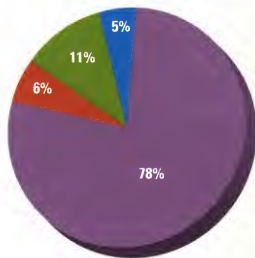
# We're here to help.

## 800.272.3900 | alz.org

### A resource for patients, caregivers, physicians, and researchers

- 24/7 Helpline
- Expert consultation and referrals
- Content-rich website
- Diagnostic and treatment options
- Updates of research advancements
- Online social networking — [alzconnected.org](http://alzconnected.org)
- Customized action plan — [alzheimersnavigator.org](http://alzheimersnavigator.org)
- Support groups
- Clinical trial matching — [alz.org/trialmatch](http://alz.org/trialmatch)
- Disease information
- Education programs
- Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART)

### We're funded by people who care



Corporate Donors or Government Grants   Investment Income   Conference/Program Fees and Publications   Public Donors

All of our programs, both locally and nationally, are funded by people who care about Alzheimer's disease. Our contributors have made us the world's leading voluntary health organization in Alzheimer's care, support, and research.

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